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## NE Lesson Code CF-000-17

### Feeding Your Child 1-3 years

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#### OBJECTIVE:

Participants will be able to discuss and provide solutions to common feeding problems for children ages 1-3.

#### MATERIALS:

TV/VCR

Videotape program: *Feeding Your Child 1-3 Years* (Produced by the Texas Department of Health, available in English 14:09 minutes, Spanish 14:14 minutes). To obtain additional copies, fax your order using the **Texas WIC Materials Order Form to Forms Coordinator at (512) 458-7446.**

**Summary:** Three families share their experiences in feeding their 1-3 year old toddlers. Topics covered in the video include:

- Parents influence on food choices
- Weaning from the bottle
- Dangers of bottle past one year of age
- Everyone eats the same food
- Avoid power struggles at meals
- Parent's responsibility
- Food jags
- Toddlers are messy
- "No more! I'm finished"
- Mealtime is family time

Activity cards; attached, make copies as needed

Oral Evaluation

#### **Note about New Lesson Survey Forms:**

The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the staff survey form is different from the participant survey form. Only 10-20 participant surveys need to be completed. Please mail completed New Lesson Surveys to:

Delores Preece  
Texas Department of Health  
Bureau of Nutrition Services  
1100 W. 49<sup>th</sup> Street  
Austin, Texas 78756

### **Teaching tips:**

- Watch the video and read through the entire lesson before conducting the class for the first time.
- If you do not have a flip chart, magnetic board or chalk board, keep a note pad handy to write down participants concerns about feeding their child.
- Give participants enough time to discuss and come up with solutions to the activity situations.
- Remember to thank participants for coming to class and participating.
- Most of all, have fun teaching this class.

### **ICEBREAKER:**

What concerns do you have about feeding your 1-3 year old? Pause for discussion. Write concerns on a flip chart, magnetic board or chalk board.

### **WRAP UP TO ICEBREAKER:**

As you watch the video, listen for ideas that may help you with your concern. After the video we will do an activity that will help us come up with solutions to common feeding problems for children 1-3 years.

**INTRODUCE VIDEO:** In the video, *Feeding Your Child 1-3 years*, you will see parents interacting with their children and you will hear their feeding experiences.

**SHOW THE VIDEO:** *Feeding Your Child 1-3 years*

### **ACTIVITY:**

Use the attached situation cards to generate a short discussion after watching the video. Consider adding situations you have encountered in your own counseling sessions. Use the solution cards titled, *For the instructor*, to help you guide the discussion after the groups share their solutions. Have the following titles written on a flip chart, chalk board, magnetic board or poster:

- Do I have a picky eater?
- How much milk is too much?
- Weaning from the bottle
- Am I serving my child too much food?
- Can too much juice cause weight gain?
- Help! My child refuses to eat!
- Help! My child is a messy eater!
- Is my child eating enough?

Read the titles of the situation cards to the group. Allow the group to choose the topic (s) they want to discuss.

- C If the class is too large, divide the class into small groups or pairs. **Allow the group to choose the topic(s) they want to discuss.** Hand the situation card to the group or pair and allow at least 1 minute for them to come up with a solution(s) to their situation.
- Ask each group or pair to share their solution(s) first. Read the solution card titled, ***For the instructor***, to help you guide the discussion.

For participants who are uncomfortable reading or cannot read:

- C Read the titles of the situation cards to the group. Allow them to choose the topic they want to discuss. Read the situation card and allow at least 1 minute for the group to come up with the solution (s). After the group has discussed their solution (s), read the information from, ***For the instructor***, card to help you guide the discussion.

## **Oral Evaluation:**

Do the oral evaluation (attached).

## **Oral Evaluation**

1. What experiences from our discussion or the video could you relate to?
2. What new ideas will you try at home?
3. What other questions do you have about today's topic?

**NE Lesson Code CF-000-17**  
**Feeding Your Child 1-3 Years**  
**Lesson Survey Form - Staff**

LA# \_\_\_\_\_

Date \_\_\_\_\_

**1. Was the audiovisual easy to see and hear?**

- a. yes                      b. no

**2. Was the lesson easy to read and follow?**

- a. yes                      b. no

**3. What changes would you suggest for improving the lesson?** \_\_\_\_\_

\_\_\_\_\_

**4. Was participant feedback:**

- a. positive  
b. negative  
c. indifferent

**4. Was the Spanish translation appropriate for your participants?**

- a. yes                      b. no

**5. Do you plan to use the audiovisual/lesson again?**

- a. yes                      b. no

**Comments:** \_\_\_\_\_

\_\_\_\_\_

**6. Additional comments:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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Texas Department of Health  
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Austin, Texas 78756

**Thank you for your comments!**

**Feeding Your Child 1-3 Years  
Lesson Survey Form - Participant**

**1. The name of the video I saw today was:** \_\_\_\_\_

**2. I am: (you may circle more than 1)**

- 1. pregnant
- 2. breastfeeding
- c. parent of an infant
- d. parent of a child
- e. family or friend

**3. How much did you like the video?**

- a. a lot
- b. a little
- c. not at all

**4. Do you think this is a good video to show at WIC?**

- a. yes
- b. no

**Why?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**5. What is the most useful thing you learned from the video and discussion today?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**6. Comments:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

***Thank you for your comments!***